

VOLUME 13 MARCH/APRIL 2022

# *Scoops of Information & Inspiration!*



DURHAM COUNTY DEPARTMENT OF SOCIAL SERVICES



## **WE WANT YOU!**

Participation is welcomed here at SCOOPS! Feel free to send helpful information, recipes, life hacks and more to the email address below.

We also love to celebrate others! Graduation season is around the corner--let us know about your victories!



To get your SCOOPS delivered to your inbox, email:

[DCCoDSSPublicInformation@dconc.gov](mailto:DCCoDSSPublicInformation@dconc.gov)

## **SPRING HAS SPRUNG!**



One of the beautiful joys of Durham, is the Sarah P. Duke Gardens! Make sure to visit the soon. It's a great place to unwind in nature, get some exercise and have FREE fun with your family! Learn more here:

**[bit.ly/37WQACb](https://bit.ly/37WQACb)**





Durham Farmers' Market main season begins Saturday, April 2nd! Hours: 8-12 pm. Wednesday market begins April 20th. Hours are 3-6 pm. 501 Foster Street is the location.

## ROSEMARY SALMON & VEGGIES

Recipe courtesy of TasteOfHome.com

Prep/Total time: 30 minutes

Makes 4 servings

### INGREDIENTS

- 1-1/2 pounds salmon fillets, cut into 4 portions
- 2 tablespoons melted coconut oil or olive oil
- 2 tablespoons balsamic vinegar
- 2 teaspoons minced fresh rosemary or 3/4 teaspoon dried rosemary, crushed
- 1 garlic clove, minced
- 1/2 teaspoon salt
- 1 pound fresh asparagus, trimmed
- 1 medium sweet red pepper, cut into 1-inch pieces
- 1/4 teaspoon pepper
- Lemon wedges

Did you know April 10th marked Durham's 153rd Birthday?





## ROSEMARY SALMON & VEGGIES (CONTIN)

Time to eat light for Spring!



### Directions

1. Preheat oven to 400°. Place salmon in a greased 15x10x1-in. baking pan. Combine oil, vinegar, rosemary, garlic and salt. Pour half over salmon. Place asparagus and red pepper in a large bowl; drizzle with remaining oil mixture and toss to coat. Arrange around salmon in pan; sprinkle with pepper.
2. Bake until salmon flakes easily with a fork and vegetables are tender, 12-15 minutes. Serve with lemon wedges.

**HEALTHY & NUTRITIOUS!** You can add more veggies to roast, or even a salad!

**SLOW internet?  
NO internet?**  
We need to know.

The N.C. Broadband Survey is designed to gather information on locations without adequate internet access and speeds in our community.



Your feedback directly impacts grant and infrastructure funding in your community.



For Homes & Businesses **WITH Internet Service.**

Visit [NCBroadband.gov/Survey](http://NCBroadband.gov/Survey) to take the survey now.



For Homes & Businesses **WITHOUT Internet Service.**

Text "Internet" to **919-750-0553**. Standard text messaging rates will apply.

The survey is a collaboration between the N.C. Department of Information Technology's Broadband Infrastructure Office and The Friday Institute for Education Innovation at North Carolina State University.

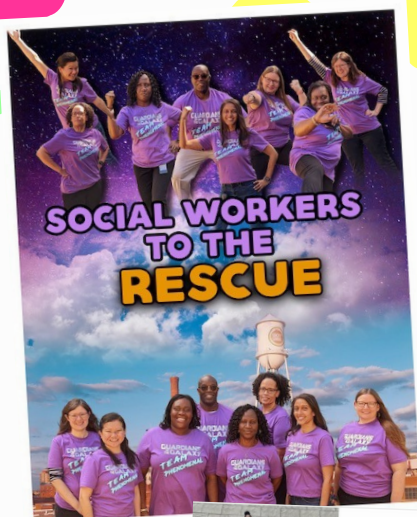
**NCDIT**  
NORTH CAROLINA  
DEPARTMENT OF  
INFORMATION  
TECHNOLOGY  
Broadband Infrastructure Office

**INTERESTED IN  
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 [WWW.NCWORKS.GOV](http://WWW.NCWORKS.GOV)

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works**

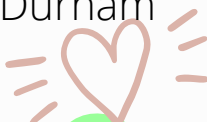




## March is National Social Work Month



Social workers do a variety of jobs. In fact, people who hold degree(s) in social work have so much flexibility, the Bureau of Labor Statistics projects that the social work field to grow by 11% from 2018-2028, at a much faster pace than average fields. Social workers often possess a deeply ingrained sense of altruism, focusing on others first, before considering themselves. We salute ALL of our social workers! We thank you for the services you provide to our Durham residents!



SHINE is a free app with daily affirmations, and an actual person who reads a daily recorded message. SHINE was designed to reduce anxiety & stress. Go to your App store and download it. Do it today!







Thank you Alliance Health for your contribution to SCOOPS!

### *Changing Hearts and Minds*

We are all working together to support the people we serve with the dignity and respect they deserve, to improve our communities by allowing them to experience all of their citizens' different gifts, to have inclusive neighborhoods that embrace the value of every member. Alliance believes that a recovery focused system that provides an effective network of resources for our members and families is essential so they can live their lives to the fullest and in the communities of their choice. Alliance is pleased to announce our Changing Hearts and Minds video series. The series is designed to help you strengthen your tools for serving others. The training topics are:

1. Creating a Recovery Oriented System of Care
2. Empathy and Awareness
3. Language Principles
4. Recovery Knowledge
5. Power and Control
6. Peer Support and Employment

Put this link in your browser to view any of these topics:

**[bit.ly/3DeyXck](https://bit.ly/3DeyXck)**



Special thanks to LGFCU for their contribution to SCOOPS!



Enjoy this article, 4 ways to become financially fit.  
**[bit.ly/3JNpSd6](https://bit.ly/3JNpSd6)**



*Melissa Espinal*  
*Aging & Adult Services*  
*Placement Coordinator*

Are you looking for Adult Day Care?  
Do you need socialization & exercise for  
yourself or elderly parents?

We have a partnership with the Durham  
Center for Senior Life (DCSL) to offer a  
safe and enriching environment during  
the day for fun activities and light  
personal care.

Don't miss out on these opportunities!

Contact Social Worker, Melissa Espinal at  
(919) 201-4186, and schedule an  
assessment for FREE community adult care  
programs at DCSL operating M-F, 8:30 am-  
5:00 pm.



Social Services



## April Is National Child Abuse Prevention Month



There were 117,268 children with investigated reports of possible abuse and neglect in North Carolina from July 2019 to June 2020. We must all do our part to ensure a healthy childhood for our children!

#DCoWearsBlue  
April 1st  
Wear Blue Day  
for Child Abuse  
Prevention!



L to R: Ben Rose,  
Director, Jovetta  
Whitfield, Assist. Director,  
KaShondra Young  
Buckner, Social Worker



Social Services

Protecting children is more than wearing a color for one day. But it's a cool way to get a number of people to create a conversation about an important topic. Our staff works hard on this task daily to protect the lives and souls of children. If you suspect child abuse in Durham, call 919-560-8424.



@DCoDSS



/DurhamDSS



In progress!